

# Players Choice Academy & HPD Cheerleading

## Advanced Christmas Pitching & Hitting Camps

(Ages 12-14)

Players Choice Academy will hold a 3 day pitching and hitting camp. Participants will be instructed on the advanced fundamentals for hitting and pitching. Hitters will work on getting more power from their lower half, hands getting to ball quicker and instruction on hitting down and through the ball to add distance to their hitting. Pitchers will be instructed on adding an off- speed pitch, getting more power from their legs and getting behind and on top of the ball to help make them more effective and powerful on the mound. Instructors will be current and former college players, professional players and MLB Scouts. T-shirt and player evaluation included.

### HITTING:

CODE	DAY	DATE(S)	TIME	FEE
311148-01	M-W	12/20-12/22	9:00-12:00 p.m.	\$95
311148-02	T-Th	12/27-12/29	1:00-4:00 p.m.	\$95

### PITCHING:

CODE	DAY	DATE(S)	TIME	FEE
311148-03	M-W	12/20-12/22	1:00-4:00 p.m.	\$95
311148-04	T-Th	12/27-12/29	9:00-12:00 p.m.	\$95

## Volleyball Camps

(Grades 4th-6th and 7th-8th)

Each player will learn the proper techniques or serving, setting, spiking, passing and blocking. Beginning players will be introduced to the basic techniques including the bump, set, dig and kill, whereas experienced players can fine tune their game. PCA instructor Dana Petyniak will be lead. Camp will be at PCA in Huntley.

CODE	GRADES	DAY	DATE(S)	TIME	FEE
112313-01	4-6	Mon.	1/9-2/13	6:30-7:45 p.m.	\$75
112313-02	4-6	Mon.	2/20-3/26*	6:30-7:45 p.m.	\$75
112313-03	7-8	Mon.	1/9-2/13	7:45-9:00 p.m.	\$75
112313-04	7-8	Mon.	2/20-3/26*	7:45-9:00 p.m.	\$75

\*If needed, PCA will schedule a make-up date TBA for Spring Break/Easter.

## Volleyball Games

(Grades 5th-6th and 7th-8th)

Teams will consist of 8 players. (Friends are encouraged to play on same team if they choose) Each player will receive valuable game experience. Referee will be provided by PCA. Games will be played at PCA in Huntley. This program is for players with some previous volleyball experience.

CODE	GRADES	DAY	DATE(S)	TIME	FEE
112314-01	5-6	Sat.	1/7-2/11	8:00-9:15 a.m.	\$75
112314-02	5-6	Sat.	2/18-3/24*	8:00-9:15 a.m.	\$75
112314-03	7-8	Sat.	1/7-2/11	9:15-10:30 a.m.	\$75
112314-04	7-8	Sat.	2/18-3/24*	9:15-10:30 a.m.	\$75

\*If needed, PCA will schedule a make-up date TBA for Spring Break/Easter.

## Basketball Cheerleading

### RETURNING FROM LAST SEASON

(Grades K-8th)

Join us as we learn cheers, mounts, jumps and even tumble. Under the direction of Lynnann Holzapfel, High School Cheerleaders will be leading this program that is full of energy. Fee includes poms and hairbow. Participants will need to purchase their own shoes, socks and spankies or use approved past uniform. Additional cheer wear is optional and will be discussed at classes. Cheerleading will take place at games through February. Schedules will be given out at first practice. Practices will be held Monday evenings at the REC Center. There will be an optional competition for participants for an additional fee. Information will be available at a later date. You must have your cheerleading uniform from last year. First night is January 9 at practice times listed below. Please register by January 3.

REC Center—Various Rooms

Maximum 10

CODE	GRADE	DAY	DATE(S)	TIME	FEE
112850-01	K-2nd	Mon.	1/9-2/18	6:00-7:00 p.m.	\$95/\$125
112850-02	3-4	Mon.	1/9-2/18	7:00-8:00 p.m.	\$95/\$125
112850-03	5-8	Mon.	1/9-2/18	7:00-8:00 p.m.	\$95/\$125

**CODE GRADE DAY DATE(S) TIME FEE**  
**If you have your poms from last year the fee is below**

112850-04	K-2nd	Mon.	1/9-2/18	6:00-7:00 p.m.	\$79/\$109
112850-05	3-4	Mon.	1/9-2/18	7:00-8:00 p.m.	\$79/\$109
112850-06	5-8	Mon.	1/9-2/18	7:00-8:00 p.m.	\$79/\$109